

2Goulash, Hungarian25

Number of Servings: 25 (345.14 g per serving)

Amount	Measure	Ingredient
3 1/4	lb	Beef, ground, hamburger, pan browned, 10% fat
2 1/8	cup	Onion, white, fresh, chpd
5/8	tsp	Spice, garlic Powder
1/3	cup	Sugar, brown, packed
1 3/4	tsp	Spice, mustard seed, ground
1 1/4	tsp	Salt, table, iodized
6 1/4	tsp	Spice, paprika
2/3	cup	Sauce, worcestershire, low sod
3 1/2	tsp	Vinegar, cider
2 1/8	cup	Catsup
3.00	qt	Tomatoes, diced, unsalted, cnd
2 1/8	cup	Water, municipal
6.00	cup	Water, municipal
2 1/2	cup	Flour, all purpose, white, bleached, enrich
1 3/4	lb	Pasta, macaroni, semolina, elbow, dry

Nutrients per serving

Nutrition Facts			
Serving Size (345g)			
Servings Per Container			
Amount Per Serving			
Calories 360		Calories from Fat 70	
		% Daily Value*	
Total Fat 8g		12%	
Saturated Fat 3g		15%	
Trans Fat 0g			
Cholesterol 50mg		17%	
Sodium 450mg		19%	
Total Carbohydrate 47g		16%	
Dietary Fiber 3g		12%	
Sugars 13g			
Protein 24g			
Vitamin A 20%		Vitamin C 30%	
Calcium 4%		Iron 25%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Instructions

Potentially Hazardous Food. Food Safety Standards: Hold food for service at an internal temperature above 140 degrees F.

Noodles may be substituted for macaroni.

Cubed beef may be substituted for ground beef.

Brown beef in a roasting pan in a 450 degree oven.

Combine brown sugar, salt, seasonings, tomatoes and liquid ingredients including only the first measure of water. Add to browned meat. Cover and simmer 1 - 2 hours (until meat is tender if using cubed beef.)

Mix flour and second listing of water until smooth. Add gradually to hot mixture and cook until thickened.

Cook macaroni or noodles in boiling water until tender. Drain and fold into hot mixture. If needed, additional water may be added. Pan into steam table pans.

Keep hot, 190 degrees F.

Each serving = approximately 1 1/2 cup = 2 oz meat + 1 grain + 1 vegetable serving.

Serve 1 1/2 cup with 10 oz ladle

rounded or 3 #8 scoops

48 grams carbohydrate = 3 CS

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Notes

Buy 1 1/4 to 1 1/3# lean ground beef for each 1# cooked ground beef called for in recipe.
1# dry macaroni = 4 cups